



Vegetable oils (i.e., soy, canola) have “remarkable estrogenic properties,” study finds

## Description

**Did you know that vegetable oils are one of the worst foods you can consume, especially when they are derived from genetically modified organisms (GMOs)? The latest research shows that vegetable oils bear “remarkable estrogenic properties,” meaning they *feminize* the bodies of people who consume them, including *men*.**

Soybean oil, the most commonly consumed vegetable oil in the United States, is particularly noxious, triggering gene dysregulation and neurological problems. Past research has determined that soybean oil consumption impairs one’s ability to bond with others while also triggering unhealthy weight gain – *not good*.

In this newer research, scientists looked both at GMO and non-GMO vegetable oils such as soy and canola that are prolific throughout the conventional food supply. They discovered that in every single test subject, consumption of these oils resulted in demonstrated ovarian toxicity.

Experts from the Tehran Medical Sciences University in Iran looked specifically at the reproductive toxicity of both GMO and non-GMO vegetable oils in female Wistar rats. The impetus behind this research was to build upon earlier research proving the endocrine-disrupting effects of vegetable oils.

For their research, the team fed the rats non-GMO sunflower oil, GMO maize or corn oil, and GMO canola oil, all of which was purchased from a local market. The rats were fed these oils for 28 days followed by a battery of tests that were performed at the end of the study.

Researchers measured the animals’ serum lipid levels and sex hormones as well as performed necropsies on those that died. In the end, the team determined that regardless of which oils the animals were fed, all of them showed serious reproductive abnormalities including atrophy, or shrinking, of the ovaries, congestion, and multiple follicular cysts.

They further determined that all of the oils showed “remarkable estrogenic properties” in the animals, raising their serum estradiol (estrogen) levels substantially.

(Related: Check out these other reasons why you should avoid consuming vegetable oils.)

## There’s never a good reason to consume vegetable oils

The findings add further insight into earlier ones published in 2020 showing the social dissociative properties of vegetable oil consumption, meaning they directly interfere with the normal bonding that occurs between members of the same species.

In mice, soybean oil especially was found to destroy oxytocin, also known as the bonding chemical. Since 60 percent of all oil consumed in the U.S. is soybean, could this explain the country’s bloodlust for war, conflict, and division?

In that earlier study, some of the mice were given coconut oil, which is high in saturated fat, rather than soybean oil. Those mice were just fine while the soy consumers showed signs of genetic damage in the hypothalamus.

“Among the genes that were dysregulated by the soybean-oil diets were genes associated with inflammation, neuroendocrine, neurochemical, and insulin signaling, as well as the production of oxytocin, an important hormone,” wrote Conrad Scott in a piece for *Herculean Strength* that was republished by *Infowars*.

“Oxytocin is involved in empathy and social bonding, as well as other important biological processes including weight gain. Many of the genes that were dysregulated by the soybean oils are also linked to neurological diseases including Alzheimer’s disease, Parkinson’s and autism.”

Another negative impact of soybean oil consumption is the insulin resistance it creates. This explains why people who consume lots of soybean and other vegetable oils tend to be fat and muscle deficient because vegetable oils are not a nutritional food and have no business being in the food supply.

“Once upon a time, not all that long ago, it was considered the sole preserve of cranks and conspiracy theorists to claim that industrial chemicals found in the environment, especially the drinking water and food supply (including vegetable oils), were causing serious reproductive effects in animals and humans,” Scott says, noting that these are now conspiracy *facts*.

by: Ethan Huff

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